

**FITNESS COMMITTEE  
MINUTES  
May 2, 2018  
5:00 p.m.**

The Fitness Committee held a public meeting on May 2, 2018, beginning at 5:03 p.m. at the following location:

Maryland Department of Health  
201 West Preston Street, Room 200  
Baltimore, MD 21201

**MEMBERS PRESENT**

Suzanne Stringer, Chair  
Jennifer Eastman  
Mychelle Farmer  
Johnel Metcalf  
Liz Woodward  
Min Kim (phone)  
Julie Maneen (phone)  
Joanne Roberts (phone)

**MEMBERS NOT PRESENT**

Aruna Nathan

**MARYLAND DEPARTMENT OF HEALTH STAFF PRESENT**

Caroline Green

**OTHERS PRESENT**

Travis Crow  
Loretta Hoepfner

Chair Suzanne Stringer called the Fitness Committee meeting to order at 5:03 p.m.

**1. Roll Call**

Roll call was taken and it was determined that a quorum of the Fitness Committee was present.

**2. Vote on minutes from the February 21, 2018 meeting**

Chair Suzanne Stringer asked if there were any changes to the draft minutes from the February 21, 2018 meeting.

**MINUTES WERE APPROVED AT 5:06 P.M.**

**3. Goals and Objectives**

Committee discussed proposed goal: Increase awareness of inclusive and affordable physical activity opportunities in Maryland. Committee proceeded to discuss whether to keep goal or modify. Final vote was not taken.

Committee proposed the following objectives:

- Increase the number of registered walks on Walk MD Day by 10% by 2018.
  - Activity: Increase number of businesses that register for events.
  - Activity: Increase Walk to School Day activities.
- Increase number of individuals who register for “Bike to Work” day by 2019.
- Increase the number of jurisdictions (5) participating in the 100 mile challenge by [date] or work towards expanding to the entire state.
- Identify number of committed agencies or organizations throughout Maryland that can support and promote the state wide campaigns the Fitness Committee could support.
- Calculate the number of walk audits completed by individuals trained on May 22, 2018.
  - Activity: Number of walk audit leaders trained on May 22, 2018.

Committee had the following questions, comments, or concerns:

- Could there be a focus on Falls Prevention Day?
- Include “How I Walk” campaign to ensure inclusive language into campaigns and events.
- How can the Fitness Committee measure increased awareness of events and individuals or communities walking on Walk MD Day?
  - There is baseline data available for Walk MD Day and Walk to School Day and the Committee could do more focused outreach and networking for targeted communities.
- The World Health Organization and Health and Human Services are both promoting physical activity and walking events, potentially creating more incentives for our state work.
- Should the committee focus on 150 minutes of physical activity a day?
  - Concern would be how to measure and it would take years to see the outcome.
- Could programming or marketing be piloted in the five worst counties and then expand to other counties?
- Committee should work with health care providers to share promotional information on activities.
- How could Committee increase awareness or identify what regions/communities are already doing and promote activities related to what regions/communities are interested in?
- How will Committee measure the proposed goal?
  - Who will track and hold any data that is recorded?
  - Could data be measured through social media outlets and event participation?

#### **4. Follow-up**

- Research 100 Mile Challenge.
- Obtain information on how many walks were held on Walk MD Day.
- Determine expectations of walking audit leader training on May 22, 2018.
- Schedule conference call to further discuss goal and objectives.
- Set-up a GoogleDocs form to share with Committee members to create Action Plan.

## **5. Adjournment**

The meeting was adjourned at 6:02 p.m.